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Dave Hinton with Landscape Manitoba says the alternatives for herbicides are expensive and ineffective. SHANE GIBSON/METRO

Will grass stay green on other side of ban?

Herbicide. Landscaper implores Manitobans to send in postcards opposing potential ban

A group opposing a ban on cosmetic herbicides in Manitoba has sent out thousands of postcards asking people to weigh in on weed control.

The government is considering a law against harmful chemicals used to control weeds and pests in lawns and gardens.

Dave Hinton with Landscape Manitoba says such a ban would make it nearly impossible for homeowners to maintain their lawns.

Hinton says people take pride in their properties and should send the postcards to the government to say they don't agree with the plan.

Josh Brandon with the Green Action Centre says there are other alternatives to toxic products.

Official word

Conservation Minister Gord McIntosh has said there's been no decision on whether to bring in a full ban or something less severe.

"There's organic alternatives. There's programs that you can use to make sure that your lawn stays green. And you don't have to rely on toxic chemicals to do that."

Hinton says that's not the case.

"Everybody says there's all these alternatives, but actually there's really just one for weed control, and it's not that effective and it costs a lot more," he said.

"Sure, the rich can still afford it, but the average homeowner has a real hard time handling weeds on their lawn."

Ontario and Quebec already have bans on harmful lawn chemicals.

CJOB/THE CANADIAN PRESS

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NEWS

Election spending

2 Tory MPs should be suspended: Elections watchdog

Chief electoral officer Marc Mayrand has written to the Speaker of the House of Commons to advise that two Manitoba Conservative MPs should be suspended because of problems with their elections expenses.

Shelly Glover and James Bezan have been discussing their expense returns with officials from Elections Canada.

John Enright, a spokesman for the elections watchdog, says auditors found problems with both returns and requested changes. Agents for the two MPs have refused to make the required changes. Enright says the next move is up to Speaker Andrew Scheer.

THE CANADIAN PRESS

Routine search

Man. cruise ship worker hit with child porn charges

A crew member aboard a cruise ship docked in Halifax has been charged with possession of and smuggling child pornography.

A release from Halifax Regional Police states Canada Border Services Agency officers performed a routine search of the ship on Monday and found electronic files depicting child pornography on electronic equipment belonging to a crew member.

Sean Richard Bell, 36, of Morden, Man., was scheduled to appear in Halifax provincial court on Tuesday. METRO IN HALIFAX

House fire was arson: Neighbour

Two people were taken to hospital after a fire was deliberately set at the back of a rooming house early Tuesday at 143 Langside St., according to neighbours. Six people were able to escape, while two others were reportedly rescued by firefighters. Damage is estimated at $110,000 and the official cause is still under investigation. SHANE GIBSON/METRO

Hearing. Kidnap suspect to remain in custody

A Colorado man accused of attacking his estranged wife and kidnapping his son is going to remain behind bars in Winnipeg for at least a few more days.

Monty Ray Turner, 51, agreed to remain in custody at a detention review hearing.

The Canada Border Services Agency is still preparing evidence for an admissibility hearing, which could be held as early as Friday.

At that hearing, the agency will seek to have Turner sent back to the United States because he faces serious criminal charges there.

Turner is suspected of breaking into his estranged wife's home last month, attacking her with a stun gun and pepper spray and kidnapping the couple's three-year-old son, Luke.

Turner and his son were discovered the next day at a motel in Brandon, Man., and it remains unclear how they got across the border.

THE CANADIAN PRESS

No summer bummer

Sunny side up. Weather Network's summer outlook sees average temps on horizon

SHANE GIBSON
shane.gibson@metronews.ca

After a long wait through a frigid winter and then more waiting through what we'll call spring, The Weather Network has good news — summer will happen in Winnipeg.

And fans of near-normal temperatures are going to love it, once it finally comes.

"Spring really took its time making its presence known and that's probably going to be the same story as we head into the summer," said Weather Network meteorologist Gina Ressler. "It will be a slow start but we are expecting that it is going to be a more typical summer in terms of both temperature and precipitation as we head into the end of June and then through the months of July and August."

The somewhat good news comes from the Weather Network's cross-country Summer Outlook released Tuesday, which predicts average daytime highs between 23 C and 26 C in southern Manitoba and Winnipeg for July and August.

"You're going to have days that are of course warmer than that and days that are going to be cooler than that, but those are the averages," said Ressler.

With the heat will come rain, and the outlook figures we'll see an average amount of that this summer too. Ressler said to expect about 90 millimetres in June, and between 70 mm and 75 mm for July and August.

But the real question is this: Will the late spring and summer mean a late start to fall and winter too?

"It's probably too early to say about fall and winter," laughed Ressler. "Even talking about things three months from now, there's still quite a bit of uncertainty."

In a sure sign summer is coming, bartender Warren Sloane has been handing out cold ones at Muddy Waters Sports Ribs & Wings' lounge by the water at The Forks since the May long weekend. The Weather Network says we can expect average summer temps by July. SHANE GIBSON/METRO

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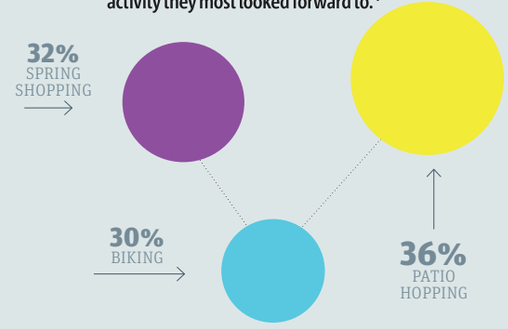
Metropolitan Panel

Lunch meeting...on the patio!

We asked our Metropolitan Panel what spring activity they most looked forward to.*



Share your opinion. Join our Metropolitan Panel at www.metropolitan.ca

*Selections were not exclusive of each other and included other activities.

Marijuana in the U.S.

Possession arrests higher for blacks despite equal use

Black people are arrested for possessing marijuana at a higher rate than white people, even though marijuana use by both races is about the same, the American Civil Liberties Union reports in a new study.

The analysis of federal crime data, released Tuesday, found marijuana arrest rates for blacks were 3.73 times greater than those for whites nationally in 2010. In some counties, the arrest rate was 10 to 30 times greater.

The report comes as Colorado and Washington just legalized adult possession of small amounts of marijuana.

THE ASSOCIATED PRESS

El Salvador

Woman denied an abortion recovering after baby's death

An ill Salvadoran woman who delivered a baby through a cesarean section after being denied a medical abortion is recovering well and has had her tubes tied as she requested, doctors said Tuesday.

The 22-year-old's bid to end what her lawyers said was a life-threatening pregnancy drew international attention.

Her baby girl was born without a brain and died five hours after the woman had a C-section Monday.

The woman, known only as Beatriz, underwent the operation after 27 weeks of pregnancy.

THE ASSOCIATED PRESS

Auditor general

Senate proposes expense review

The Harper government is hoping to restore public confidence in the Senate by putting the scandal-plagued chamber's books under the auditor general's microscope.

Sen. Marjory LeBreton, the government leader in the Senate, introduced a motion Tuesday asking auditor general Michael Ferguson to conduct a comprehensive audit of Senate expenses, including the expense claims filed by individual senators.

The NDP put forward another motion calling for funding to the Senate to be cut off as of July 1 — what NDP Leader Tom Mulcair referred to as a Canada Day "gift."

THE CANADIAN PRESS

Cops bust underground pot crop

B.C. grow-op. Disguised bunker containing 430 plants, industrial generator linked to Hells Angels, police say

EMILY JACKSON
Metro in Vancouver

A sophisticated underground marijuana grow-op disguised as a Langley hobby farm — complete with three sheep, a pig and guarded by about a dozen pit bulls and Chihuahuas — was busted by police over the weekend.

RCMP needed a crane to excavate five steel shipping containers connected with a continuous underground pathway at the property in the 27000-block of 56th Avenue, according to a news release from B.C.'s Combined Forces Special Enforcement Unit.

Three men and one woman were arrested when investigators found 430 plants at the site, though they were later released pending further investigation. The dogs are being cared for by one of their family members.

Officers were "shocked" that the operators cut into a nearby natural gas pipeline to power the elaborate bunker system with an industrial-sized natural gas generator worth about $100,000.

"This had the potential to be extremely dangerous to the public and emergency responders," CFSEU-BC spokesman Sgt. Lindsey Houghton said in a statement.

Police believe the grow-op, described as a "complex operation that required a great deal of planning and equipment," including cranes and flatbed trucks, was running for at least a couple of years.

This is the second underground grow-op the CFSEU-BC has dismantled in the past two months. Police believe both are linked to the Hells Angels.

Colorado judge accepts Holmes' insanity plea

Sheriff's deputies search people before they enter district court for a hearing for Aurora theatre shooting suspect James Holmes, inset, in Centennial, Colo., on Tuesday. A judge accepted Holmes' long-awaited plea of not guilty by reason of insanity Tuesday and ordered him to undergo a mental evaluation — an examination that could be a decisive factor in whether the Colorado theatre shooting suspect is convicted and sentenced to die.

BRENNAN LINSLEY/THE ASSOCIATED PRESS

Erectile-dysfunction pills. Alleged love-drug pushers looking at hard time

Two men are accused of bringing into Canada hundreds of thousands of contraband erectile-dysfunction pills made in China.

The Canada Border Services Agency says the illegal products were intended for sale on the Internet and in sex shops in different provinces.

Dozens of charges are being laid against Alain Elmaleh and Alain Richer, and against 12 businesses Elmaleh owns in five provinces: British Columbia, Ontario, Quebec, New Brunswick and Nova Scotia.

THE CANADIAN PRESS

Proposed ban. Rapists in India 'provoked by mannequins': Official

Mannequins displaying lingerie and other skimpy clothing may soon be banned in India's cosmopolitan city of Mumbai as an anti-rape measure.

The municipal council overwhelmingly passed a resolution last month barring stores from putting scantily-clad mannequins outside their shops. The municipal commissioner has yet to give the required approval of the resolution.

The measure comes as an American woman was gang-raped Tuesday in the northern Indian resort town of Manali, police said. THE ASSOCIATED PRESS

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Turkey softens tone over protests

Fatality. 22-year-old man died during anti-government protest in Antakya city near border with Syria

A protester sleeps in Istanbul's Taksim Square on Tuesday. Turkey's protests initially began over the fate of Taksim Gezi Park, one of the last significant green spaces in the centre of the city. URIEL SINAI/GETTY IMAGES

Turkey's deputy prime minister offered an apology Tuesday for the government's violent crackdown on an environmental protest, a calculated bid to ease days of anti-government rallies in the country's major cities.

The message was a bit mixed, however, as hundreds of riot police deployed with water cannons around the prime minister's office in the capital of Ankara.

Bulent Arinc, who is standing in for the prime minister while he is out of the country, said the crackdown was "wrong and unjust."

Yet the impact of his statement was unclear. Prime Minister Recep Tayyip Erdogan, who is visiting Morocco, Algeria and Tunisia, has undermined previous statements by his ministers and has dismissed the protesters as a fringe minority stirred up by the opposition.

Tens of thousands of mostly secular-minded Turks have joined anti-government rallies since Friday, when police launched a pre-dawn raid against a peaceful sit-in protesting plans to uproot trees in Istanbul's main Taksim Square. Since then, the demonstrations have spiraled into Turkey's biggest anti-government disturbances in years.

THE ASSOCIATED PRESS

State wiretaps

UN expert wants tighter scrutiny

The United Nations' investigator on freedom of expression called Tuesday for closer scrutiny of government wiretapping efforts around the world.

Frank La Rue said states should publish data on the kind of phone and Internet surveillance they conduct, and the subject of them should have the right to be notified afterward. Individuals should also have the right to use encryption technology.

THE ASSOCIATED PRESS

VIA Rail

Union preparing to go on strike

The Canadian Auto Workers union and VIA Rail are conducting marathon negotiations to avoid a strike deadline set for next week.

The union and VIA have set a deadline of June 14, 12:01 a.m.

THE CANADIAN PRESS

Queen's crowning moment

Catherine, Duchess of Cambridge, chats with Prince Harry as Britain's Royal Family gathered at Westminster Abbey in London, Tuesday, for a ceremony of pomp and prayer to mark the 60th anniversary of the coronation of Queen Elizabeth II.

ANTHONY DEVLIN/WPA POOL/GETTY IMAGES

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Canadians slow pace of debt accumulation

Personal finance. Data shows largest quarterly drop in non-mortgage debt since 2004

New data on consumer credit suggests Canadians are becoming more cautious about making purchases that involve taking on debt.

The analysis by TransUnion Market Trends shows average consumer debt in Canada, excluding mortgages, fell by two per cent to $26,935 in the first three months of 2013 from the fourth quarter in 2012.

While total debt is still 3.5 per cent higher from a year ago, it was the first quarterly drop since the third quarter of 2011 and the largest since the firm began collecting the data in 2004.

TransUnion vice president Thomas Higgins says while the fall-off was significant, it is still too early to declare a trend. He notes that the 2011 decline was quickly followed by rapid increases in 2012.

Average Canadian consumer debt, excluding mortgages, fell by two per cent in the first quarter of 2013 compared with the fourth quarter of 2012. THE CANADIAN PRESS FILE

The Bank of Canada has welcomed the general trend to more frugal finances among households, particularly in mortgages, which make up for the vast majority of debt held by Canadians. The bank continues to warn, however, that Canadians could be caught out once interest rates start rising.

With interest rates at rock-bottom levels, TransUnion says delinquency rates remain low for all credit products.

On consumer debt — which includes credit card debt, lines of credit, instalment and car loans — all provinces except British Columbia posted a quarter-quarter decline in the first three months of 2013. In B.C., credit rose 3.7 per cent.

THE CANADIAN PRESS

By the numbers

$1,398

The average Canadian pays about $1,398 in interest each year on their lines of credit, says TransUnion vice-president Thomas Higgins — but that would rise by $350 if rates rose by one percentage point, and by $699 if rates rose two points.

Would you dig through a landfill for this game?

A New Mexico city commission has agreed to allow a Canadian studio to search an old landfill where old, terrible Atari games are rumoured to be buried. The Alamogordo Daily News reports that Alamogordo, N.M., commissioners will allow Fuel Industries, which has offices in Ottawa and Los Angeles, to search the landfill for games. One sought-after game, the E.T. video game, is thought by some gamers to be one of the worst video games of all time. Atari paid Steven Spielberg tens of millions of dollars to license the E.T. name, and the dud of a game caused the troubled company's worth to sink even further at the time. Alamogordo Commissioner Jason Baldwin says he played the E.T. game and it was horrible. THE ASSOCIATED PRESS

China. B.C.'s excess crops mean hay day for exporter

China's booming agricultural industry is literally proving to be rich fodder for farmers in Vanderhoof, B.C.

Entrepreneur Judd Wu moved from China last spring to launch Top Hay Agri Industries, specializing in compressing hay bales to a fraction of their original size, for shipment to China's voracious agricultural markets.

Wu chose Vanderhoof, which is in central B.C., because it has the acreage and climate to produce lots of hay, as well as convenient transportation links to port in Prince Rupert.

His first shipment was trucked out last week and Wu hopes to eventually increase daily production to 150 metric tonnes, feeding China's estimated annual demand of 100 million tonnes.

Nechako-Lakes MLA John Rustad says Vanderhoof has the potential to grow much more hay than the region can consume. He says shipping the excess overseas prevents low prices caused by a glut on local markets, offers a much-needed economic boost for the Nechako Valley, and strengthens Canada's bond with Chinese and other overseas markets.

THE CANADIAN PRESS

Vanderhoof, an area in central B.C., is capitalizing on China's agricultural boom by shipping excess hay overseas. GETTY IMAGES FILE

Market Minute

DOLLAR
96.67¢ (-0.63¢)

TSX
12,593.97 (-15.83)

OIL
$93.31 US (-14¢)

GOLD
$1,397.20 US (-$14.70)

Natural gas: $3.99 US (no change)
Dow Jones: 15,177.54 (-76.49)

Consumer safety

Feds introduce stiff fines for firms that don't obey recalls

The federal government is going to impose fines of up to $25,000 a day on companies that don't remove unsafe consumer products from their shelves.

Health Minister Leona Aglukkaq announced Tuesday that a company that ignores government orders and deadlines to withdraw unsafe goods will be handed a stiff fine.

Non-profits will face daily penalties of about $5,000, but other firms could face much higher fines depending on their track record. However, Aglukkaq says most companies voluntarily comply with recalls.

Details of the penalty regime were put before the public in draft form more than a year ago, but are only being brought into force now. They are an addition to the Consumer Products Safety Act, which took years to wind its way through the legislative process. THE CANADIAN PRESS

Wireless competition

Paradis blocks Telus bid for Mobilicity

Ottawa is blocking a $380-million deal to sell struggling wireless upstart Mobilicity to Telus Corp. and says it will continue to prohibit spectrum transfers that would limit competition in the Canadian wireless market.

Industry Minister Christian Paradis said Tuesday the government would use all tools at its disposal to ensure there are at least four wireless competitors in every region of Canada.

Telus and Mobilicity had sought an exception to a federal policy that prevents a transfer of spectrum from new, small carriers to the large incumbents for at least five years after the licences were issued.

But Paradis' strong language suggests Telus would still have a high bar to clear to obtain permission for the purchase of Mobilicity's spectrum even after February 2014, when the initial limitation expires.

THE CANADIAN PRESS

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JUST SAYIN'

Paul Sullivan
metronews.ca

I'm so confused.

This week's hot book says that if you really want a meaningful relationship, you should go on a sex diet.

Well, to be precise, it says women should go on a sex diet, but that has obvious implications for their potential partners, who are everybody else.

The book is called The 30-Day Love Detox: Cleanse Yourself of Bad Boys, Cheaters, and Men Who Won't Commit — And Find a Real Relationship.

The author is Dr. Wendy Walsh, one of those friendly experts who populate the cable news channels. She even plays cable news experts on movies like Baywatch and The Cable Guy. I'm not sure how she went from a Ryerson journalism grad to "doctor," but it happened somewhere between Halifax, where she was born, and Los Angeles, where she was reborn on Fox and CNN.

She does appear to have a PhD in psychology from the California Graduate Institute, which is not based on the back of a pack of matches, so we should listen.

The diet analogy goes beyond the title. It's all about "slow love." Like "slow food," get it? Citing "evolutionary psychology," Dr. Blond Alliteration promises to help women:

- Purge junk-food men
- Learn the five sexual myths that keep women single
- Determine when to begin the onset of sexual activity in a new relationship
- Avoid the biggest mistakes women make when dating online
- Spot a commitment-oriented man at his "state of readiness," which is not, apparently, what you think it is.

The secret: No sex for the first 30 days. As far as I can tell, she'd really like you to abstain until he puts a ring on it, but that's way too long for today's post-Sex and the City woman.

Dr. BA also says women should stop sexting during this same period of abstinence. It's the sexual equivalent of empty calories.

But! But! you're probably asking yourself: "How is this any different from the advice that mom used to dole out on a daily basis?" And, truth be known, still does. Well, it's scientific. During orgasm, the female body unleashes a tide of oxytocin, a hormone that encourages bonding. This is dangerous, according to Dr. Walsh, as a woman can think she's just hooking up when she's really bonding with some unsuitable, commitment-phobic, bad-boy creep who is just using her for sex.

So it's like mom (or dad, who knows all about commitment-phobic bad boys because he probably used to be one) with a PhD. Just goes to show the value of a good education. The moral of this story is that morality has nothing to do with it, but it's still the same old story: "Why would he buy the milk if he can get the, er, cow for free?"

Slow love rules. Even in the 21st century.

ZOOM

My little pony and his care bear

SNMS

Foal finds comfort with teddy bear

An orphaned week-old foal sleeps soundly in the lap of his new surrogate mum — a teddy bear. Breeze, the bay pony, was found abandoned in Dartmoor National Park in Devon, southwest England, just a few hours after his birth.

After finding the newborn, rescuers from the local Mare and Foal Sanctuary took him in. Breeze had been stumbling hopelessly around the park's hillside and attempting to suckle on other mares. When he was found by rescuers after first being discovered by a local farmer, he was suffering from clinical shock and dehydration, said staff. **METRO**

Stuffed companion

"We always give our orphaned foals a giant cuddly toy as a companion. They're just like human babies in the way in which it provides them with comfort."

Syra Bowden, executive director at the Mare and Foal Sanctuary

Vets come to the aid of poor pony

Despite the comforting effect from his cuddly toy, Breeze isn't OK.

Vets spent three hours by the poorly foal's side. He was placed on a saline drip, had a catheter fitted and was given crucial colostrum drips, milk and medication on his arrival. **METRO**

Clickbait

HANNAH ZITNER
hannah.zitner@metronews.ca

Sick of hearing about the Red Wedding second hand? Wishing you could silence your co-workers, Twitter and Facebook until you're caught up on the nuptials? You're in luck, now you can (though you're on your own with the co-workers part).

silencer.io

Google Chrome's 'mute packs' let you silence hashtags, people, terms or phrases on Twitter and Facebook to clear your feeds of spoilers (or boring friends or irritating topics).

spoil.rs

For those who want to "never annoy your followers again," spoil.rs masks your tweets so you can tweet to your heart's content about Robb Stark without fearing the wrath of Game of Thrones.

Twivo

Coming soon to a URL near you. This program gives users more control over what they block by including time-frames in the filters — giving TV-watchers self-imposed deadlines to get on with their viewing.

Twitter apps

Though you can't use filters on Twitter's iPhone or Android apps, there are a handful of third-party apps that do the screening for you. Try Tweetbot for iPhone or Plume for Android.

Twitter

@metropicks asked: Dunkin' Donuts recently added a doughnut breakfast sandwich to its menu. What would you like to eat between two pieces of doughnut?

@Mattgela: I would eat some good fruit in between! :P

@RealMarcDunn: #JimGaffigan already invented the donut ham hamburger, so Dunkin's a little late, but you can't go wong with #bacon

@aymyao: I'd love to have bacon weave in my donut

@morbiddangel: hopefully timmies is taking notice.

@Canucklehead_ca: Would be much easier to list things I WOULDN'T eat between 2 pieces of donut. (Thinking bacon & Timbits to start though.)

@FrenchmanCanada: Another donut!

@patriciacameron: Obesity, diabetes, other health issues link to toxic foods like this. Party pooper would eat NOTHING this way.

@LaniganDarin: Just skip the pleasantries of making people sick and kill them outright, put the KFC double down between 2 donuts

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WE WANT TO HEAR FROM YOU: Send us your comments: winnipegletters@metronews.ca

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Paid to be unemployed: when actors get naked

The Internship. Owen Wilson and Vince Vaughn use a familiar formula with their latest bumbling, stumbling comedy

IN FOCUS
Richard Crouse
scene@metronews.ca

The new buddy comedy The Internship pairs Owen Wilson and Vince Vaughn for the first time since 2005's Wedding Crashers.

They are still wild and crazy guys, but this time out they are unemployed wild and crazy guys pushed out of their jobs by technology.

Unable to get a foothold in the new media field they take intern jobs at Google.

"We're looking at some sort of mental Hunger Games against a bunch of genius kids for just a handful of jobs," says Wilson.

Many movies have used unemployment as the starting point for storytelling.

In Lost in America, rated one of Bravo's 100 Funniest Movies, Albert Brooks plays a successful advertising executive who gets fired for insulting his boss.

Free from the shackles of employment he goes all carpe diem and convinces his wife Linda (Julie Hagerty) to leave her job and explore the country in a Winnebago. When they lose their nest egg on a Las Vegas stop over they reenter the work force as a crossing guard and manager at a Der Wienerschnitzel restaurant, respectively.

Owen Wilson, left, and Vince Vaughn star in The Internship, which opens this weekend. HANDOUT

As the movie ends they hit the road once again, hoping to reclaim their old jobs and lifestyles.

It would be hard to imagine a more toxic workplace than the real estate office in Glengarry Glen Ross.

Encouragement comes in the form of verbal abuse — most of which can't be printed in a family newspaper — and a motivational sales contest offering three prizes.

The top seller wins a Cadillac Eldorado.

"Second prize is a set of steak knives," says Blake (Alec Baldwin). "Third prize is you're fired."

Playwright David Mamet based the original play on his experiences working in a real estate office in the 1970s.

Finally, The Full Monty is a comedy that takes a serious look at the effects of unemployment on the individual and the community.

Set in Sheffield, England, it's the story of six men, most unemployed steel workers, who come up with a unique way to pay the bills.

They decide to form a Chippendale dancer style group, separating themselves from the pack by going "the full monty" and go completely stark naked.

While filming, the actors agreed to go completely nude in front of 400 extras provided they only had to do it once.

They got it in one take, and according to Roger Ebert, the inspiring and revealing final scene "was applauded at the screening I attended."

Get hungry

"We're looking at some sort of mental Hunger Games against a bunch of genius kids for just a handful of jobs."

Owen Wilson
Talking about his new movie The Internship.

A mom, some dads and a bunch of cops

TV lineup. Comedies from Robin Williams, Andy Samberg, join Rogers lineup, along with Rebel Wilson on TV this fall season

New comedies starring Robin Williams, Rebel Wilson, Andy Samberg and Anna Faris are heading to City this fall.

Rogers Media — which runs City as well as specialty channels including FX Canada, Sportsnet, OMNI and OLN — announced a 2013-2014 lineup this week.

It includes fresh laughs from Family Guy creator Seth MacFarlane, The Big Bang Theory creator Chuck Lorre and Parks and Recreation creator/producers Dan Goor and Michael Schur.

The fall slate includes Faris' single parent sitcom Mom, MacFarlane's multi-generational series Dads, Samberg's cop comedy Brooklyn Nine-Nine, Wilson's single-camera Super Fun Night and Williams' father-daughter laugher The Crazy Ones, co-starring Sarah Michelle Gellar as his daughter.

Overall, City's 2013-14 fall and mid-season prime-time schedule features 16 imports — eight comedies, six dramas and two reality series.

The network also boasts of five new and two returning homegrown series, including fresh reality shows The Project: Guatemala, Storage Wars Canada and Meet the Family.

THE CANADIAN PRESS

Coming up

More releases coming soon

- **Lineup.** Shaw Media, which runs Global and a raft of specialty channels including Showcase, HGTV and Slice, is slated to reveal its upcoming lineup Wednesday. Bell Media, which runs CTV as well as specialty channels including Bravo, Much and Comedy, will announce its plans Thursday.

Andy Samberg's cop comedy Brooklyn Nine-Nine is joining City this fall. GETTY IMAGES

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Al Pacino

Don't say Pacino never did anything for you, Bruce

If Al Pacino is to be believed, he could have been Han Solo. The Oscar winner says he nearly starred in some of the biggest franchise-starters in Hollywood history but decided to turn them down.

"Star Wars was mine for the taking, but I didn't understand the script," Pacino told an audience in London, according to the Evening Standard.

He also claims he turned down the lead role in Die Hard that eventually went to Bruce Willis. "I gave that boy a career," Pacino said.

The Word

Radcliffe really wants to be a rad dad

Daniel Radcliffe wants to start a family, and he may be in somewhat of a hurry about it.

"I'd like to get started on it before my 30s," the 23-year-old Harry Potter star tells Time Out London. "I like the idea of being a youngish parent so I've got energy to play football, even though they'll be better than me by the time they're four."

And while he doesn't currently have a mom-to-be in mind, the height challenged Radcliffe admits she'll have to do a lot of the heaving lifting, height-wise.

"I will have to find a very tall wife if they're going to be good at sports," he says. "You could be my size as a boxer, you'd just have to be a super featherweight or something."

John Mayer. ALL PHOTOS GETTY IMAGES

Mayer exploring Perry's wonderland once again

It looks like on-again, off-again couple Katy Perry and John Mayer are very much on again, though this time it's a more "casual" relationship, according to E! News.

"They are just hanging out," a source says.

"They are not putting a label on it."

Though they haven't stepped out in public together since their March breakup, Perry and Mayer have reportedly been spending most of their nights together.

A rep for Perry couldn't be reached for comment.

Amanda Bynes

Amanda Bynes sees a silver lining with legal troubles

If you're curious about the latest details in Amanda Bynes' legal battles, the troubled starlet is happy to oblige.

"The (district attorney) and my lawyer talked today," Bynes posted to Twitter.

"They have no proof of drugs on me or around me at anytime during the arrest or after. All I'm becoming is more famous. Thanks for lying about me!"

Bynes was arrested May 23 on counts of reckless endangerment, tampering with evidence and criminal possession of marijuana. She's due in court July 7.

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Channing Tatum

Tatum adds another body to his House

Channing Tatum's team took to the actor's website to confirm the news that the White House Down star and his wife, Jenna Dewan-Tatum, are new parents.

They wrote that they "are thrilled to announce the birth of their daughter, Everly Tatum, who was born on May 31 in London."

The new mom's father, Darryll Dewan, shared his excitement with E! News.

"Anxious to meet our grandchild and hug Jenna and Chan. They are an amazing couple and will be great parents. I'm very excited for everyone in each of our families," said Dewan shortly after it was announced.

Twitter

@NiallOfficial
Came in last night! Jumped on my bed and broke it! So had to sleep on the couch! not the best nights sleep I've ever had

@TheRock
AM cardio. Sweatin' like there's a hell hound on my trail. (don't know what a hell hound is but it's a cool Clapton song).

@MarkDuplass
Fellow screenwriters, let's vow to never again write the "They settle into their new, unfurnished apartment with chinese takeout" scene.

Hats off to Panama!

Country of contrasts. This little nation with a famous canal boasts a bustling city, pristine beaches and verdant countryside

FERNANDO CARNEIRO
life@metronews.ca

From modern skyscrapers in Panama City to the wild countryside and pristine beaches, Panama is a country of contrasts.

The Panama Canal, of course, brings people from all over the world to the capital, where international cuisine is easily found along with Caribbean flavours in restaurants such as Manolo Caracol and La Vitrola.

Its imposing skyline, dotted with ultra-modern architecture, is on display through the windows of downtown hotels like the Radisson Decapolis or the rooftop of the Hard Rock Hotel Panama Megapolis.

The nightlife includes a variety of charming restaurants in the Casco Viejo (old city) and salsa clubs featuring live bands such as the Havana Club Panama.

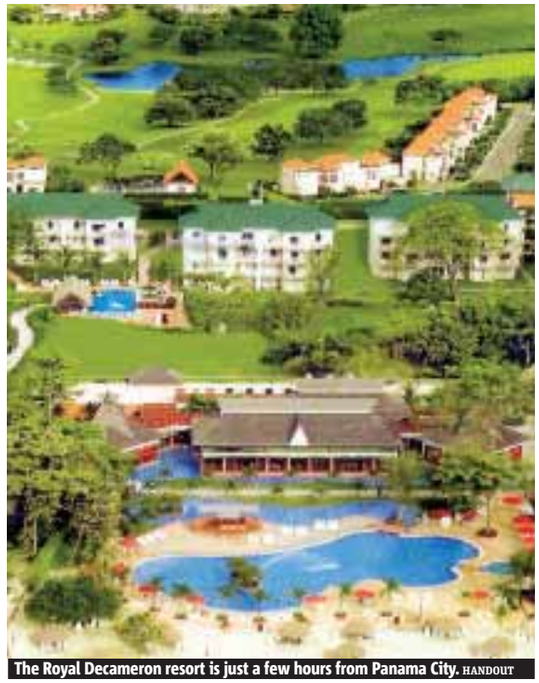
The local currency? They use U.S. dollars, except for the coinage, which is called the Balboa and minted in Canada.

A short drive away lies a different world in the tropical forest. Day tours for zip lining, culture and craft, or a visit to the Embera Indigenous Community range from $55 to $90.

For rest and relaxation in the sun, Panama has beaches on both the Pacific and Atlantic oceans.

Just a couple of hours from Panama City lies Farallon, home to the Royal Decameron Golf, Beach Resort and Villas Panama.

This all-inclusive resort is situated in a "dry arch," which means more sunny days on the beach. Ten restaurants, a spa and various swimming pools make exploring this large resort fun for days. Nightly shows and a disco are a good way to cap a busy day.



The Royal Decameron resort is just a few hours from Panama City. HANDOUT

Ultra-modern architecture dots Panama City's skyline.
FERNANDO CARNEIRO/METRO

Canadian influence

Canadian architect Frank Gehry — whose wife is Panamanian — designed the soon-to-be-finished Biomuseo, which showcases Panama's biodiversity. The distinct building, expected to become a cultural icon, is colourful to reflect its tropical environment.

Getting there

Nolitours offers flights through Air Transat to Panama City and various packaged vacations.

The world's greatest shortcut

It's impressive today and it must've blown people's minds 99 years ago when the first ship crossed the Panama Canal. Possibly the world's greatest shortcut — it takes ships an average of eight to 10 hours to transit the Canal versus nearly a month to go around South America — the Canal is also a must-see tourist attraction.

Its on-site museum has images and tools starting with the original French attempt at building the Canal, which was followed by the successful American completion of the crossing in 1914. Tens of thousands died during construction due to illnesses carried by mosquitoes and engineers were forced to innovate to dig through the continental divide.

Today, the Canal is one of the Seven Wonders of the Modern World and employs about 9,500 people, bringing in $1.5 billion to the Panamanian economy.

Although managed by the United States until 1999, the Canal is now nationally managed with an expansion on the way to handle larger ships. It's expected to be completed next year when the Canal turns 100.

At the Miraflores lock, there's a buffet restaurant and viewing platform that allow tourists to see the ships enter the locks and watch them go through the various stages linking the ocean to Gatun Lake.

FERNANDO CARNEIRO/METRO

Embera Indigenous Community

Just hours from downtown Panama City is the Embera Indigenous Community. The hotel tour bus takes the group to the riverfront, where a wooden pirogue (boat) awaits. The journey upriver took about 15 minutes before we were welcomed at the village by the sounds of traditional instruments. At Embera, tourists are invited to mingle with the locals,watch traditional dances and eat a lunch of fried fish and plantain chips. Handmade arts and crafts are available for sale and the picturesque village is a wonderful spot for photography. Tour costs $90.

Plenty more to do in Panama

See this: Thousand-year-old gold objects and ceramics have been recently found in the tombs of an unnamed civilization at El Cano, near Farallon. Archeologists are still onsite making discoveries.

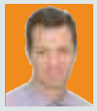
Buy this: Authentic Panama hats can be had at the home/shop of Reinaldo Quiros, above, in La Pintada. Each is handmade and priced from $15 to $600. Depending on how it's worn, you're telling the locals you're single, looking for a fight or a "vaquero" — a cowboy.

Do this: It's fast, safe, scenic — it's a thrill. Zip line in-between tree canopies in the Anton Valley, including over a waterfall. There are four platforms and great opportunities for photos.

PHOTOS: FERNANDO CARNEIRO/METRO

Trip tips

Hit the road this summer



ON THE MOVE
Loren Christie
life@metronews.ca

If the lure of the open road is calling you, just pick a stretch of highway somewhere between Trinity and Tofino. From coast to coast, Canada has limitless options when it comes to the makings of a great summer road trip.

Nova Scotia's Cabot Trail has always been a personal favourite. It offers stunning scenery, wildlife viewing (whales and moose) and the opportunity to touch the distinct Acadian and Scottish cultures that colour the history of the province. It is an ongoing debate whether to do the drive clockwise or counter-clockwise — I prefer clockwise. It builds your anticipation of the sites along the route in a more logical fashion.

Route 132 in Quebec's Gaspe region offers a scenic shore-hugging drive through silver-steepled villages surrounded by mountains and serenaded by the sea. The route forms a loop of about 900 kilometres. As the seaway widens into the gulf, try some ferry-hopping to explore both coasts of the St. Lawrence River.

The best way to see Canada? In a car, of course. ISTOCK

The Trans Labrador Highway is a relatively new 1,054 kilometre frontier highway that allows you to explore the wilderness, culture and adventurous nature of Labrador. Make sure to visit the 16th century Basque whaling station turned National Historic Site in Red Bay. This section of the highway also offers numerous whale and iceberg viewing spots and the chance to visit the tallest lighthouse in Atlantic Canada.

For those who want to hit the pavement but don't want to do the actual driving go sidecar with Jasper Motorcycle Tours. They offer numerous touring packages of Alberta's stunning Icefields Parkway. You get up close and personal with not only the asphalt, but the scenery and the wildlife. On my tour we saw a brown bear, big horned sheep and more elk than I could count. The drivers are fully knowledgeable about the area so you enjoy a fully guided tour as you take in the sights.

If you prefer not having to suit up in leathers and a motorcycle helmet and are looking for something a little more fancy, consider Niagara Classic Cabs in Southern Ontario. They will customize your tour through the Niagara wine-growing region in high style. It's perfect for people who want to hit the wineries without worrying about who is going to be the designated driver.

Finders keepers in game for seekers

Geocaching craze.
Try a treasure hunt next time you travel

Ever since there were pirates or wide-eyed children searching for eggs on Easter morning, treasure hunting has been a draw for the adventurous.

The adventure, of course, is in the hunt as much as it is in finding what has been hidden and meant to be found.

Combine that sense of adventure with global positioning technology and a desire to take advantage of the great outdoors, and you have a phenomenon known as geocaching — and tourism promoters are catching on, hoping to cash in.

Some tourism groups have watched the geocaching trend blossom over the past decade, and are taking advantage of it to attract treasure hunters and their treasure.

The tools of the geocaching trade. THE CANADIAN PRESS

"There are a series of geocaches that have been set up in various locations with the express purpose of bringing people to that area," says John Robb, president of the Ontario Geocaching Association.

The Ottawa Valley Tourist Association, based in Pembroke, Ont., encourages visitors to pack their GPS units and head to Renfrew County, northwest of Ottawa, a region that has become a popular geocaching destination with more than 300 cache sites scattered throughout the area.

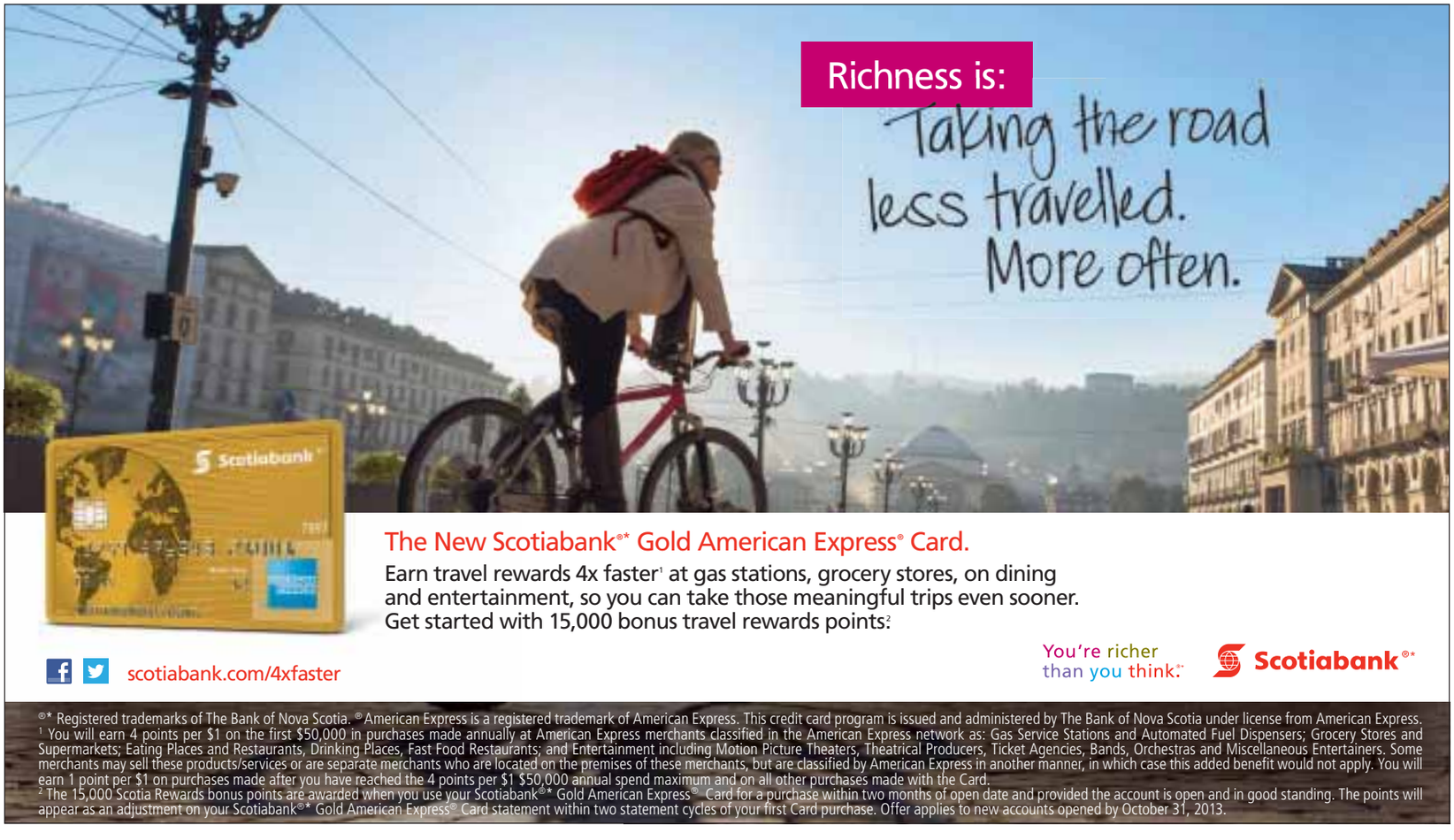
Forgot your GPS, or don't have one? No problem. The association, like others, will loan one with a damage deposit.

It has become big business.

"Anybody that does any level of geocaching will, at some point, travel to do geocaching," said Robb.

One of the largest annual geocaching events held in Canada is organized by the Central Ontario Geocachers. This year, hotels in and around Ontario's cottage country are expected to be inundated on June 15 by thousands of the sports enthusiasts for a hunt held at Geneva Park on the shore of Lake Couchiching, about 150 kilometres north of Toronto.

THE CANADIAN PRESS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Mango Salsa Over Vermicelli: Sweet and savoury mash up

This recipe serves six as an appetizer or four as a main meal. MARK SHAPIRO, FROM ROSE REISMAN BRINGS HOME LIGHT PASTA (ROBERT ROSE)

ROSE REISMAN
for more, visit rosereisman.com or follow her on twitter @rosereisman

A fresh tasting summer pasta salad, this Mango Salsa Over Vermicelli is great for warm days. Add a grilled protein, such as fish or chicken, and you have a complete meal.

Nutritional analysis

Per serving: 265 calories, 6 g protein, 3 g total fat, 1 g saturated fat, 44 g carbohydrates, 6 mg sodium, 0 mg cholesterol, 3 g fibre

Ingredients

- 8 oz vermicelli or other fine-strand pasta
- 1 3/4 cups diced ripe mangoes
- 3/4 cup diced sweet red peppers
- 1/2 cup diced red onions
- 1/2 cup diced sweet green peppers
- 3 tbsp olive oil
- 3 tbsp lemon juice
- 2 tsp crushed garlic
- 1/2 cup chopped cilantro or parsley

1. Cook pasta in boiling water according to package instructions or until firm to the bite. Rinse with cold water. Drain and set aside.

2. In bowl of food processor, combine mangoes, red peppers, onions, green peppers, oil, lemon juice, garlic and cilantro. Process on and off just until finely diced. Pour over pasta. ROSE REISMAN BRINGS HOME LIGHT PASTA (ROBERT ROSE) BY ROSE REISMAN

Metro Exclusive

Cooking with Vikram Vij, Part 2

Cook with Vikram Vij and Metro on Thursday. SUBMITTED

It's time for a second helping. Metro and Vikram Vij are teaming up once again to give readers on opportunity to cook along with the renowned chef during a live webstream Thursday at 9 ET/6 PT at metronews.ca/vijcooklive.

Joining Vij as he prepares a Chicken Coconut Curry will be Dawn Chubai, from Citytv's Breakfast Television in Vancouver, and 11-year-old Liam Lewis, a food blogger who will act as a sous chef, helping to prepare the ingredients.

Plan to cook along with Vij? Here is your shopping list:

- 2 chicken thighs deboned, skin off, chopped
- 2 chicken breasts, skin off, chopped
- 1/2 tsp saffron (optional)
- 1/3 cup cooking oil
- 1 tbsp cumin seeds or black mustard seeds
- 1/2 tsp asafetida (optional)
- 2 tbsp finely chopped garlic (6 medium cloves)
- 1 tsp turmeric
- 1 1/2 tsp salt
- 1 tsp ground cayenne pepper
- 2 tsp paprika (optional)
- 5 cups coconut milk
- 2 cups stock (chicken or vegetable)
- 1/2 cup chopped cilantro (optional)

Remember to visit metronews.ca/vijcooklive this Thursday at 9 ET/6 PT to cook along live with Vij. You will also be able to tweet him at #VijCookLive METRO

Banana on the barbie

This recipe serves two to four. THE CANADIAN PRESS H/O

Ingredients

- 500 ml (2 cups) Devil's Cut by Jim Beam
- 1 vanilla bean
- 50 ml (1/4 cup) honey
- 2 slices double-smoked thick-cut bacon
- 125 ml (1/2 cup) condensed milk
- Injection syringe
- 4 ripe bananas, unpeeled
- 4 to 8 slices raisin bread
- 5 ml (1 tsp) chopped fresh sage

1. Pour bourbon into a canning jar. Split vanilla bean in two and scrape out seeds, cut pod into 2.5-cm (1-inch) sections and add seeds and pod to bourbon. Add honey and seal jar. Give it a shake to dissolve honey in bourbon. Set aside to infuse for 24 hours.

2. Cut bacon into 1-cm (1/2-inch) thick lardons, or strips, across the width of the bacon. In a pan, fry bacon lardons over medium heat for 5 to 8 minutes, stirring occasionally, until browned and crisp. Remove from heat and drain. Pat with paper towels to remove excess bacon grease. Place bacon in small bowl. Spoon condensed milk over and drizzle with a little vanilla-infused bourbon. Stir to combine and keep warm.

3. Fire up your grill to 450 to 550 C (230 to 290 C).

4. Suck up bourbon mixture into an injection syringe. Set aside.

5. Grill bananas for 5 to 8 minutes per side until banana skin is darkened and begins to split. The flesh of the banana should be warm and soft. Inject each banana with a little squirt of infused bourbon. Be careful, as the bourbon will more than likely ignite as it drips out of the banana.

6. At the same time as you are grilling bananas, grill raisin bread until golden brown and crisp.

7. Remove bananas from grill and carefully open peel to expose hot tender banana. Spread warm grill-roasted banana over raisin toast. Drizzle with crispy bacon condensed milk. Garnish with a little fresh chopped sage. Serve immediately. THE CANADIAN PRESS/ GASTRO GRILLING: FIRED-UP RECIPES TO GRILL GREAT EVERYDAY MEALS BY TED READER (PENGUIN BOOKS, 2013).

Drink of the Week

Basil and Raspberry Smash

A unique combination of tart and sweet raspberries as well as basil, cranberry juice and simple syrup, this refreshing drink is perfect as the weather continues to warm up.

- 5 basil leaves
- 10 fresh raspberries
- 1.5 oz Luksusowa
- .5 oz simple syrup
- .5 oz cranberry juice
- Garnish: 2 fresh raspberries and a basil leaf

Muddle basil and raspberries gently in a short glass. Add all other ingredients and fill glass 2/3 with crushed ice. Mix well using a bar spoon and top up with ice. RECIPE: MACIEK STAROSOLSKI, GLOBAL BRAND AMBASSADOR, LUKSUSOWA VODKA/ PHOTO: YBIMC

Dinner. Cheese-and-Apple-Stuffed Pork Chops

1. Soak toothpicks in water 10 minutes, to prevent from burning when cooking the pork.

2. In saucepan on medium-high heat, reduce balsamic vinegar and honey for 15 minutes, until it is a syrupy texture and the liquid has reduced to approximately 2/3 cup. Set aside.

3. In bowl, combine cheese, apples, orange juice, onions and thyme. Add drizzle of olive oil and pinch of salt; mix well.

4. Season pork chops with salt and pepper to taste. Place 2 to 3 tbsp (30 to 45 ml) of stuffing on each pork chop and close with toothpicks.

5. Cook on grill over medium heat 7 minutes on each side. Serve with skewer of mixed grilled vegetables drizzled with balsamic reduction. NEWS CANADA/ SAPUTOALACARTE.CA

Ingredients

Balsamic Reduction

- 2 cups (500 ml) balsamic vinegar
- 6 tsp (30 ml) honey

Stuffing

- 12 oz (340 g) Mozzarellissima cheese, grated
- 3 green or red apples, grated
- juice of half an orange
- 3 green onions, finely chopped
- 2 to 3 sprigs fresh thyme, stems removed
- olive oil, to taste
- salt and pepper, to taste
- 6 pork chops, butterfly cut

Don't bring the beach to your business: Shedding light on sunny-season attire

Who wears short-shorts? Perhaps you do on your off-time, but try to be mindful of making your co-workers uncomfortable

MARY WHEELER
Metro World News

It's finally summer, that sweet time of year when we get to shake off our winter doldrums and shed the extra layers of clothing we've been bundled in for the past six months. But though the long, hazy days ahead are synonymous with relaxation, this doesn't necessarily translate to your work wardrobe. It may be beach weather out there, but that doesn't mean you can start showing up to the office looking like you're headed to the shore. We asked four style experts in Boston to weigh in on the summer staples that are appropriate for the workplace and those you should save for those weekend seaside jaunts.

If your office is in the sand, dress in whatever duds you'd like. But chances are you've got people around you. Keep it professional! ISTOCK

Do: Coloured jeans
While jeans are typically seen as a "Friday only" look, a pair with a pop of colour is a great way to show off your personality. The right coloured jeans definitely do work at the office, says Dani McDonald, owner of Flock. "It's a great way to incorporate the colours of the season into your work attire," says McDonald. For a dressier look, McDonald recommends pairing your jeans with a silk blouse or a well-pressed shirt — with collar unbottoned at top.

Do: Florals
Think a fun floral print is too youthful for the office? Think again! "Floral (dresses) are on trend and work perfect for the office," says Ann Dingwell, owner of Turtle.

As long as the dress is the proper length, and not too low-cut, they're an office do, says Dingwell. To keep warm in AC blasted offices, Dingwell recommends pairing dresses with a jacket or lightweight cashmere cardigan. Guys may want to add a pop of colour with a floral tie design, perhaps a nice paisley.

Don't: Maxi dresses
While long, flowing maxi dresses are both incredibly comfortable and versatile enough for most occasions, they don't pass for professional office attire.

"Maxi dresses tend to (either) be a little too casual (think beach wear or bathing suit cover ups) or too dressy for a formal work environment," says Pam Santorelli, owner of Habit.

Santorelli recommends saving the maxis for the weekends, when you can dress them up — or down — as needed.

Do: Tank tops and T-shirts
Gone are the days when baring shoulders at the office was a no-no. Tank tops are great layering pieces for work, just remember to save the rib-knit tanks for the gym. "Tank tops in the office are a do if they're dressy," says McDonald.

To keep the look work appropriate, McDonald suggests something structured, like a peplum tank, paired with a skirt.

Guys may want to avoid a printed T-shirt, but a solid-coloured or patterned T worn with a cardigan or sports jacket offeres a light and fresh look.

Summer rules

Our experts also tell us that...

- If you're wearing open-toed shoes or sandals, a pedicure is a must, says Dingwell.
- You should invest in a good strapless bra. Bra straps, especially plastic, shouldn't be seen, says Benson.
- Lightweight dresses can be a little shear, so wear a slip, says Santorelli.
- If you're not a fan of denim, then coloured khakis are a great option, says Benson.

Don't: Shorts
While shorts can exude a preppy confidence, Emily Benson, founder and owner of The Fashion Truck, a mobile fashion boutique, recommends steering clear of them.

"There are few occasions and few styles of shorts that actually work for a business setting," says Benson. So when it's 90 degrees out there and pants just won't do, go for a dress.

Don't: Flip-Flops
While these casual sandals are many people's go-to footwear on a swelteringly hot day, flip-flopping your way to your desk won't win you any marks at the office. Flip-flops should be worn only at the beach, says Benson.

Guys, this goes for you too.

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As a new grad you may be lacking in real world experience, but through reading you can leverage some of the best concepts, ideas and strategies to work at the top of your game — well before you've hit your tenure mark.

ISTOCK

From page to prosperity: Get ahead with a good book

Whether you've just finished another year at school or are fully immersed in a full-time job, we beckon you to spend at least some time this summer at the beach, cottage, campground or park buried in some wonderful books. Read and enjoy — or challenge — any of these picks, just make sure you take some time to dust off your library card and pick through some pages this summer.

NAOMI BROWN
TalentEgg.ca

What The CEO Wants You To Know

By Ram Charan

The draw
This book provides the new grad with a comprehensive overview of business concepts in an easy-reading style, and presents you with all of the key business knowledge you should have when you first jump into the work force.

The take away
Your take aways from this book will vary depending on your own personal background. A business major may find it simplistic, but pretty much everyone else will find value in the comprehensive information that is presented in the book, and be able to apply that knowledge to improve their own understanding of personal performance.

Getting Things Done

By David Allen

The draw
In Getting Things Done, Allen outlines concrete methods for time management that will allow you to increase your productivity through easy-to-follow process maps and methods that are not complicated to implement but which will make big changes to your productivity.

The take away
Allen argues that by following a structured system of organization, you can clear your mind of the stress that continually pops up from incomplete items and focus better on the work at hand. This improves both your ability to complete work on time and also work on a more engaged and productive level.

How To be Exceptional

By various authors

The draw
How To Be Exceptional is on this list because it presents a compelling leadership development method that runs counter to much of the information that is currently prevailing in the business world. Although it's geared toward leaders, it's also applicable for new grads.

The take away
This book will highlight for you the importance of magnifying your strengths by introducing the concept of cross-training in order for you to develop similar competencies to the skills you already do well.

The 7 Habits Of Highly Effective People

By Stephen R. Covey

The draw
The 7 Habits Of Highly Effective People is a book that presents real, concrete concepts (with only a dash or two of the new-age, hippie stuff) that you can utilize to increase your effectiveness in your role.

The take away
This is not a book you read once and put away; it's a reference guide as much as it is anything. Much of the benefit comes from continually reviewing the key principles set forth in the book and ensuring you're on track. For new grads and students, The 7 Habits can lay the groundwork for working through so many of the issues you will encounter during your career and sets the stage for becoming a successful, effective leader.

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Presenting the power of communication

Skill of the speak.
The how-tos of delivering an effective and engaging presentation at work

SHAHEERAH KAYANI
TalentEgg.ca

From time to time, we are all faced with the challenge of delivering an effective presentation or communicating with others effectively to get our message across at work.

To deliver an effective presentation, it is important to first understand the communication model and the three components of communication.

The communication model begins with the sender (you). The sender encodes the message, the message goes through your chosen channel (such as a PowerPoint presentation), and the receiver (your audience) will then decode your message and respond with their feedback. There are also three very key elements that are the makeup of effective communication: 10 per cent content, 35 per cent vocal qualities, and 55 per cent body language and facial expressions.

The amount of energy you demonstrate during your presentation will resonate with your audience, and keep them awake, listening and interested. And don't forget to smile. ISTOCK

Now that you understand the communication process, here are some tips on delivering an effective presentation:

Know your audience

It is very important to know your audience so that you can strategically relate your presentation topic and method of delivery to your audience. For example, if your audience is a panel of recruiters at a sales company (yes, an interview is probably one of your most important presentations!), you will need to dress professionally and present your work experiences and skills in a professional manner. But if your Early Childhood Education professor has given you the assignment of presenting to a group of preschoolers, then you will need to use age-appropriate terms and child-friendly activities. From my own personal experience as a business student, for example, Apple has been the most common presentation topic among my peers as we can all relate to the company and its products fairly easily.

Use visuals

Most of us are visual learners, and it can truly make your presentation so much better if you use visuals, such as images, diagrams, charts and videos, to support your presentation and message.

The classic presentation approach

Tell them what you are going to tell them, tell them, and tell them what you just told them.
This is the classic presentation approach that will help keep your presentation smooth and organized. Begin with an agenda, then the body of your presentation content, and finish off with a summary and conclusion.

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Meeting mantra

Tell them what you are going to tell them, tell them, and tell them what you just told them.

Shaheerah Kayani
TalentEgg.ca

Practice makes perfect

Check with your school to see if they have a practice presentation room, or ask one of your professors or peers if you can rehearse in front of them.

- Remember, you don't want to monotonously read off your cue cards, but rather you should try to memorize the content and know it well enough so that you can present it.

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Reaching consensus

NHL competition committee favours visors

The NHL competition committee has reached a consensus to make visors mandatory for all players entering the league.

Tuesday's meeting at the NHL office in Toronto also paved the way for hybrid icing to be tested during the 2013-14 preseason while shallower nets were also given the go-ahead.

Mathieu Schneider, a former NHL defenceman and special assistant to NHLPA executive director Donald Fehr, said a "clear majority" of players supported grandfathering visors.

Any changes must first be approved by the league's board of governors.

THE CANADIAN PRESS

French Open

Tsonga slams door on Federer

By Roger Federer's standards, defeat came early in the French Open. And it came quickly.

The 17-time Grand Slam champion lost Tuesday in the quarterfinals to Jo-Wilfried Tsonga of France, 7-5, 6-3, 6-3.

Federer was eliminated before the semifinals for the second time in past three Grand Slam tournaments, but only the fifth time in the past nine years at a major event. Tsonga was responsible for two of the losses — he also beat Federer in the quarterfinals at Wimbledon in 2011.

THE ASSOCIATED PRESS

Washington looks to expand his resumé

Searching. Return man Demond Washington in the hunt for defensive job with Blue Bombers

A jack of all trades last season for the troubled Winnipeg Blue Bombers, Demond Washington is hoping to add even more to his resumé in 2013.

"I played probably every position on the field last year," said Washington, who apart from helping out on defence also ranked third in the CFL in combined return yards.

The Auburn product wasn't signed until April 2012 but his return credentials were already solid after compiling 1,117 yards in his senior year, good for fourth in all of U.S. college football.

Now Washington is challenging for a starter's job on a defence that must get a lot better — especially in the secondary.

"I told the first group of secondary people last night I wasn't happy with their performance and if they don't pick it up, they're going to be gone," Bombers head coach Tim Burke said Tuesday at training camp.

He says his defensive backs lack intensity and that's exactly what he sees in Washington.

Washington's combined 2,011 return yards last season could have been even higher if not for some dropped balls — an issue he has said he has been working hard to correct.

"Last year was the most I had in my whole career combined so I've got to eliminate those things," he said.

Whether or not he gets the return job again as well is something that hasn't yet been determined, but Burke says he would have no problem with it if that's what special teams coach Craig Dickenson wants.

Washington is currently pencilled in at weak-side linebacker, a position usually occupied by a player strong enough to support the run but also athletic enough to drop into coverage

"I have Demond working the weak side of the coverage to put some pressure on some people," said Burke, who has also tried Washington at halfback in the secondary.

"This is my first time playing boundary halfback and I think it's coming along pretty good right now," Washington said after practice.

THE CANADIAN PRESS

Recovering from surgery

- Nickelback Johnny Sears has yet to return from off-season surgery and the Bombers secondary has also been hurt this season by the defection of linebacker Marcellus Bowman to the Hamilton Tiger-Cats.
- Cornerback Jovon Johnson, the CFL's outstanding defensive player in 2011, says Casey Creehan's return should also help get some of that intensity back for the secondary.

Blue Bombers Alex Suber, left, and Demond Washington work through some drills on the opening day of training camp on Sunday at Investors Group Field. JOHN WOODS/THE CANADIAN PRESS

Quoted

"He's fast, he's quick, he's got really good hips and feet, and he plays with a lot of intensity. That's what I like about him."

Bombers head coach Tim Burke on Demond Washington

Shogun Rua out of UFC 161 in Winnipeg

Mauricio 'Shogun' Rua was pulled from UFC 161 in Winnipeg after no replacement could be found for his injured opponent Antonio Rogerio Nogueira. RICHARD WOLOWICZ/GETTY IMAGES

There's still plenty of entertainment value left in UFC 161 despite the loss of a co-main event, UFC Canada director Tom Wright said Tuesday.

The latest hit to the June 15 card is the fight featuring former light-heavyweight champion Mauricio 'Shogun' Rua.

Rua was left without an opponent when fellow Brazilian Antonio Rogerio Nogueira withdrew due to injury.

There were reports Chael Sonnen would step in as a replacement but the UFC announced late Monday the fight was off.

"A whole bunch of circumstances probably came into play," said Wright. "In the end it was felt that the best thing to do was to let perhaps a Chael-Rua fight happen later but we would go with the card that we have in place."

The UFC said Rua will fight later this summer.

Wright couldn't comment on reports work-visa issues may have prevented Sonnen from coming.

The initial main event between interim bantamweight champion Renan Barao and Eddie Wineland on UFC 161 was lost weeks ago when Barao injured his foot.

Wright says the card still features two former Ultimate Fighter champions, a former Pride champion and the current main event between former light heavyweight champ Rashad Evans and Dan Henderson. THE CANADIAN PRESS

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2014 Mitsubishi Mirage

ALL PHOTOS WHEELBASEMEDIA.COM

Compare

1 Chevrolet Spark
Base price: $13,350

2 Scion iQ
Base price: $18,000

2014 Mitsubishi Mirage

- **Type.** Four-door, front-wheel-drive sub-compact hatchback
- **Engines (hp).** 1.2-litre DOHC three-cylinder (74hp)
- **Transmissions.** Five-speed manual; continuously variable (CVT)
- **Base price (incl. destination)** $13,000 (est.)

Design

The car is larger than the Chevrolet Spark, for example, in most key exterior measurements by five to 7.5 centimetres. However, it's more petite than other competitors, notably the Ford Fiesta, Honda Fit and Hyundai Accent hatches.

The dash is simple yet tasteful.

Fuel Economy

Contemplating a vehicle this small usually involves compromises and in the Mirage's case you give up room in return for exemplary fuel economy. Mitsubishi is estimating 5.3 l/100 km in the city and 4.4 in the highway. That beats the Chevy Spark's 6.3/5.1 rating and even surpasses the Smart Fortwo's 5.8/4.7.

Engine

The Mirage's pump-passing nature comes from a 1.2-litre three-cylinder engine that generates a modest 74 horsepower and 74 pound-feet of torque. Matched with it is your choice of a five-speed manual transmission or optional continuously variable unit (CVT).

Review. Yet another global small car finds a home in North America

MALCOLM GUNN
wheelbasemedia.com

It's lean times these days for Mitsubishi fans. With only a variety of Lancer and Outlander models plus the iMiEV electric car on showroom floors, product diversity is definitely lacking. Fortunately, some relief is at hand in the form of the 2014 Mirage sub-compact.

In the distant past, various Mirages were imported to North America wearing Mitsubishi, Dodge and Plymouth labels (Chrysler and Mitsubishi once worked closely together). That well dried up after the 2002 model year, but it will be at least partially replenished this fall by a small four-door hatchback that the automaker promises will be one of the most fuel-efficient non-hybrids you can buy. The new five-passenger Mirage hatchback, currently manufactured in Thailand for Mitsubishi's European and Asian markets, is due here this fall.

A quick walk-around confirms that the vehicle's diminutive appearance is no, uh, mirage. The little zipper is perched low to the ground on tiny 14-inch wheels that would seem right at home on a Smart ForTwo. The rounded and somewhat stubby front gives the car a cute-in-its-own-way appearance that belies its wind-cheating drag coefficient. Although the front doors and liftgate are generously sized, smallish rear doors and a sloping roofline hamper three-in-a-pinch rear-seat access.

The interior appointments are simple, yet tasteful, with easy-to-read gauges and controls that gibe with the Mirage's practical nature. The 60:40 split rear seat can be folded down for added stowage but even when occupied there's reasonable space for groceries and gear.

The base model actually comes with a decent list of features, such as tilt steering, keyless entry, power windows and outside mirrors, a 140-watt four-speaker audio system and an eco indicator that lights up when you're operating in a fuel-saving manner. The Mirage also has seven standard airbags, including a driver's knee inflatable.

Move up to the premium model and the content list is expected to include automatic climate and speed control, alloy wheels, steering-wheel-mounted audio switches, fog lamps and keyless entry and a start/stop button. The Mirage will never be confused for a junior-sized luxury car — leather seats, sunroof and other niceties aren't offered — but as a short-haul urban commuter it's the right car for the job.

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Autopilot. Versatile multi-tasker behind Tesla to build risky North America-wide charging network

AUTO PILOT
Mike Goetz
drive@metronews.ca

Tesla is not waiting. You other electric car companies and various government jurisdictions can just keep combing your hair and looking for your wallet and house keys. Tesla is heading out the door. That's the gist of Tesla's announcement last week about its intent to build a continent-wide network of charging stations, all by its lonesome.

Supercharging

The network will utilize the new Tesla "Supercharger," currently in beta testing and scheduled to roll out to customers this summer.

The technology will allow the Tesla Model S to be charged at 120 kW, replenishing three hours of driving in about 20 to 30 minutes — just enough time for a double-double and a bodily-function break. You're then free and able to drive off to another city, and another supercharger station, and to repeat that process as many times as you would like.

In a statement, Tesla said the Supercharger network will enable Tesla owners "to travel long distances, for free, indefinitely." Yes, free fuel. But indefinitely? I don't think that can actually work, unless you're one of those teenage vampires.

The futuristic charger will soon eclipse the gas pump.

The Network

Currently Tesla already has a network that services California and Nevada on the west coast, and the Washington, DC to Boston region on the east coast. By next month, the number of stations will triple to cover more regions, including the northwest (Vancouver to Seattle to Portland).

Within six months the network will purportedly connect "most of the major metro areas in the U.S. and Canada," including Ottawa to Montreal. Apparently, it will then be possible to travel diagonally across the U.S. from Los Angeles to New York using only the Tesla Supercharger network. And within a year, the network will, according to the statement, "stretch across the continent, covering almost the entire population of the U.S. and Canada."

The man behind Tesla

The Tesla charging network is just one more bold move by Elon Musk, the enigmatic co-founder, CEO and Product Architect of Tesla Motors. Other things on the billionaire's resumé: co-founder of PayPal; co-creator and principle shareholder of SolarCity, the leading provider of solar power systems in the U.S.; chief designer at SpaceX, which does a lot of things in space with rockets, like shuttling cargo back and forth from the International Space Station. Sometimes one strong, determined and capable person taking a calculated risk is the only way big things can get done. Otherwise it's a quagmire of committees, special interest groups and over thinking. But while I admire Elon Musk, I'm not sure I like him. He's making the rest of us look bad. Especially those of us who struggle with decisions. Do I have trouble making decisions? Well, yes and no.

Horoscopes

♈ Aries
March 21 - April 20
You may prefer to hide than to deal with people who annoy you today. But that would be a shame because the planets indicate you have much to share, and much to gain from expressing your point of view.

♉ Taurus
April 21 - May 21
Someone you live or work with will test your willingness to stand up for what you believe over the next 24 hours. They don't know you as well as they should. A Taurus never gives in!

♊ Gemini
May 22 - June 21
You may be big and tough enough to face a worrying situation alone by there is no reason why you should. Call on friends and colleagues to back you up today.

♋ Cancer
June 22 - July 23
A loved one is eager to kiss and make up and, deep down, so are you. Get over your hurt feelings and get back together. And remember: Everyone falls out occasionally.

♌ Leo
July 24 - Aug. 23
According to the planets, affairs of the heart need extra attention today, as do friendships that seem to be drifting apart. The upcoming new moon can heal any rift. But first that has to be your desire.

♍ Virgo
Aug. 24 - Sept. 23
Most people respond well to reason but one person is behaving so badly that you may have no choice but to lay down the law. No one plays hardball better than a Virgo.

♎ Libra
Sept. 24 - Oct. 23
If someone offers you advice today, you would be wise to listen and, if possible, take action. The last thing they want is to see you make a silly and costly mistake — and you don't want to see it either.

♏ Scorpio
Oct. 24 - Nov. 22
An opportunity to improve your status at work looks tempting but the planets warn it will mean a lot of extra responsibility and you already have too much on your plate.

♐ Sagittarius
Nov. 23 - Dec. 21
Your plans for the day should be based on what interests you, not on what other people expect of you. If you let them tell you what to do once, they will do it again and again.

♑ Capricorn
Dec. 22 - Jan. 20
You may be doing well but you are also worried that the more you gain, the more likely it is someone will come along and take it away from you. That's far too negative an attitude — and far too materialistic.

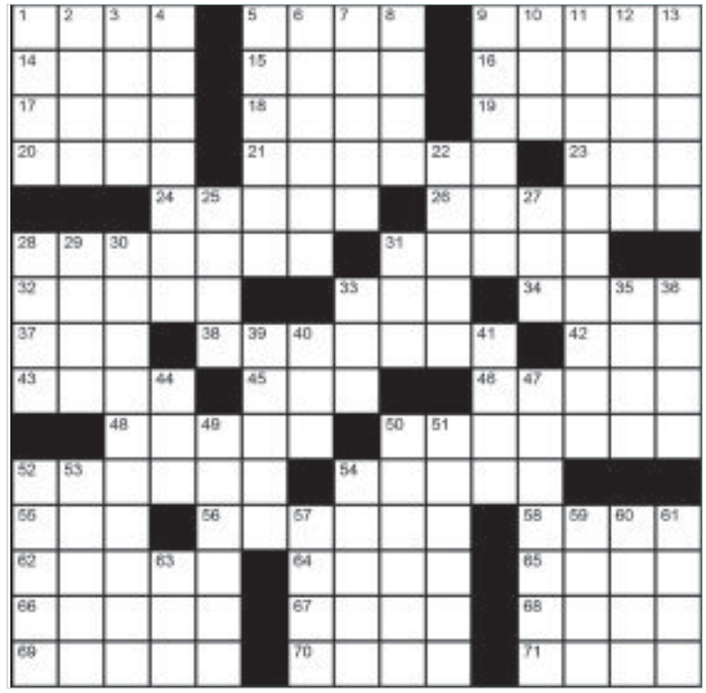
♒ Aquarius
Jan. 21 - Feb. 19
Routine tasks will come easy to you today and you will feel immensely pleased with yourself when it's all done. You will also be entitled to take it easy this evening, maybe in the company of a special friend.

♓ Pisces
Feb. 20 - March 20
If you have something to say, you must speak up. According to your solar chart, a frank exchange of views is not just an option but a must. Without it, confusion and bad feelings will continue. SALLY BROMPTON

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

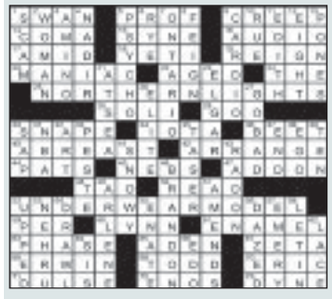
BY KELLY ANN BUCHANAN



Across
1. Fermented honey drink
5. Matt of jazz in Canada
9. Berry
14. "ER" complaint
15. Empire of yore
16. Kind of wall†hanging
17. Restaurant bigwig
18. Go to and fro
19. Not that much
20. Organism body
21. Champagne/orange juice drink
23. Madhouse
24. Necklace fastener
26. Sports team participant
28. Be left-on-the-counter-too-long bread: 2 wds.
31. Climbing leguminous plant
32. Mythology: Rarified fluid
33. Poetic contraction
34. Geological periods
37. "Murder, __ Wrote"
38. Canadian singer of "Sometimes When We Touch": 2 wds.
42. Kind of small deer
43. Highway honker
45. Farm fluff
46. Put out
48. 1940s jazz
50. "Working for the __" by Loverboy
52. Edvard Munch painting, The __
54. Barry Manilow song
55. Romance
56. Dismount the bus or train: 2 wds.
58. Thingy like this: _____
62. Melanie Griffith movie, "A Stranger __ Us" (1992)
64. Bit of knowledge
65. Concept
66. Orange __ tea
67. Computer company
68. "__ the time!" (Go for it!)
69. Place
70. Gave the once over
71. "Anything __?"

Down
1. PC alternatives
2. Lingering sound
3. "Excuse me..."
4. In†reality: 2 wds.
5. Gloomy
6. Foolish
7. Rapscallion
8. Send to the boxing - d.1912)
22. Participate in a bee
25. Grease
27. Superstar
28. Hollywood legend Lillian
29. Resort in Jamaica, __ Rios
30. Quebec locale of Bishop's University
31. Lucky number, ancient Rome style
33. Your, Bible-style
35. Adjective's friend
36. Sunflower what?
39. "Oh, give me _ __ where the buffalo..."
40. Log Z's
41. Wasn't truthful
44. Wedding announcement word
47. Toronto's has the CN Tower in it
49.Prepped groceries at the cash
50. Breakfast appliance, __ iron
51. Wrap with a covering
52. Changes for another
53. Space object
54. It makes the world go round
57. Detergent brand
59. British rocker Billy
60. Huey Lewis & The ___
61. Alleviate
63. "Never." = "__ _ thousand times."

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku

Weather

TODAY	THURSDAY	FRIDAY
MAX: 22° MIN: 9°	MAX: 21° MIN: 10°	MAX: 19° MIN: 12°

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†Fuel consumption figure rating posted by Natural Resources Canada of 5.5 L/100 km (highway) for a 2013 Subaru Impreza equipped with continuously variable automatic transmission and a 55 L fuel tank capacity. Fuel consumption figure should only be used for vehicle comparison purposes. Actual fuel consumption will vary based on driving conditions, driver habits and vehicle load. ▲Ratings of "Good" are the highest rating awarded for performance in four safety tests (moderate overlap front, side, rollover and rear) conducted by the Insurance Institute for Highway Safety (IIHS) (www.iihs.org). To earn a 2013 TOP SAFETY PICK, a vehicle must receive a "Good" rating in all four of these tests. *MSRP of $19,995 on 2013 Impreza 2.0i 4-door (DF1 BP). MSRP excludes Freight & PDI of $1,595. Taxes, license, registration and insurance are extra. $0 security deposit. Model shown is 2013 Impreza 2.0i Limited Package (DF1 LP) with an MSRP of $26,895. Dealers may sell for less or may have to order or trade. Offers applicable on approved credit at participating dealers only. Vehicle shown solely for purposes of illustration, and may not be equipped exactly as shown. See your local Subaru dealer for complete program details.

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